


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		This Month's Country Focus: Italy 		1 10:30 – Strength Training 3:00 – Welcome to Italy 5:30 – Market Night 7:15 – Evening Movie	2 10:30 – Yoga 1:30 – Turkey Decorating 3:00 – High Tea 7:15 – Evening Movie	3 10:30 – Nature Walk 1:30 – Bible Study Group 6:30 – Music Hour 7:15 – Evening Movie
4 10:30 – Tai Chi 1:30 – Family/Resident Team Games 3:00 – Wellness Checks 7:15 – Evening Movie	5 10:30 – Chair Exercises 3:00 – Monday Movie Matinee 6:30 – Bingo 7:15 – Evening Movie	6 – Election Day 10:30 – Sit & Stretch 2:00 – Staff Meeting 3:00 – Shopping Trip 7:15 – Evening Movie 7:30 – Family Council Meeting	7 10:30 – Aerobics 12:00 – Italian Lunch Build your own Pizzas! Families Welcome to Join 7:15 – Evening Movie	8 10:30 - Strength Training 3:00 – Italian 101 7:15 – Evening Movie	9 10:30 – Yoga 1:30 – Paper Plate Pumpkin Pie 3:00 – High Tea 7:15 – Evening Movie	10 10:30 – Nature Walk 1:30 – Bible Study Group 6:30 – Music Hour 7:15 – Evening Movie
11 – Veterans Day 10:30 – Tai Chi 1:30 – Ring Toss on Lawn 3:00 – Wellness Checks 7:15 – Evening Movie	12 10:30 – Chair Exercises 3:00 – Monday Movie Matinee 6:30 – Trivia 7:15 – Evening Movie	13 10:30 – Sit & Stretch 2:00 – Staff Meeting 3:00 – Shopping Trip 7:15 – Evening Movie 7:30 – Resident Council Meeting	14 10:30 – Aerobics 1:30 – Ice Cream Sunday Social 7:15 – Evening Movie	15 10:30 – Strength Training 3:00 – Travel Photos from Italy 7:15 – Evening Movie	16 10:30 – Yoga 1:30 – Fall Candle Holders 3:00 – High Tea 7:15 – Evening Movie	17 10:30 – Nature Walk 1:30 – Bible Study Group 6:30 – Music Hour 7:15 – Evening Movie
18 10:30 – Tai Chi 1:30 – Horse Races on Lawn 3:00 – Wellness Checks 7:15 – Evening Movie	19 10:30 – Chair Exercises 3:00 – Monday Movie Matinee 6:30 – Bingo 7:15 – Evening Movie	20 10:30 – Sit & Stretch 2:00 – Staff Meeting 3:00 – Shopping Trip 7:15 – Evening Movie	21 10:30 – Aerobics 1:30 – Thanksgiving Sugar Cookies Decorations 7:15 – Evening Movie	22 – Happy Thanksgiving 10:30 – Strength Training 5:00 – Thanksgiving Dinner! 7:15 – Evening Movie	23 – Black Friday 10:30 – Yoga 1:30 – Christmas Ornaments 3:00 – High Tea 7:15 – Evening Movie	24 10:30 – Nature Walk 1:30 – Bible Study Group 6:30 – Music Hour 7:15 – Evening Movie
25 10:30 – Tai Chi 12:00 – Family Potluck 1:30 – Bowling on the Lawn 3:00 – Wellness Checks 7:15 – Evening Movie	26 10:30 – Chair Exercises 3:00 – Monday Movie Matinee 6:30 – Trivia 7:15 – Evening Movie	27 10:30 – Sit & Stretch 2:00 – Staff Meeting 3:00 – Shopping Trip 7:15 – Evening Movie	28 10:30 – Aerobics 1:30 – Banana Split Creations 7:15 – Evening Movie	29 10:30 – Strength Training 3:00 – Famous Italian Art 7:15 – Evening Movie	30 10:30 – Yoga 1:30 – Snowman Socks 3:00 – High Tea 7:15 – Evening Movie	